



# Emergency Disaster Kits

## How to Prepare a Basic Emergency Kit

### What is the Problem?

Extreme weather patterns can cause high winds, torrential rains, mudslides, and flooding.<sup>1</sup> These conditions can terminate basic services such as electricity, gas, water, sewage treatment, and telephones for long periods of time.<sup>2</sup> These circumstances can lead to contaminated drinking water and food-borne illness and pose potential health hazards for you and your family.<sup>3</sup>

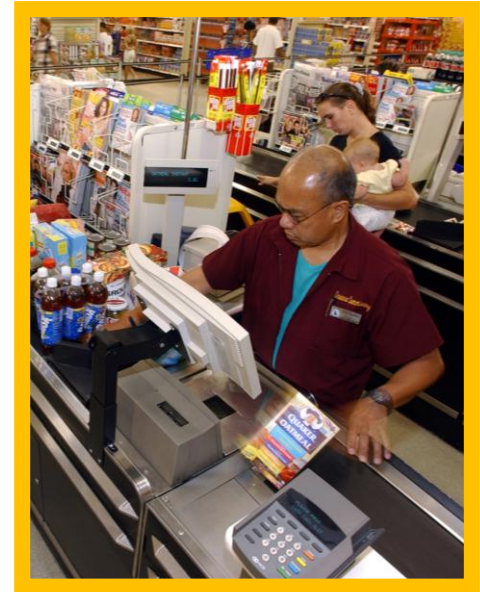
### Who is at Risk?

People who live in areas prone to natural disasters such as hurricanes, tornadoes, wildfires, flooding, earthquakes, landslides, winter storms, and avalanches should take extra precautions to be ready in case of an emergency.

### Prevention Tips

Relief and rescue workers cannot reach each home immediately. It may be hours or days before you receive aid.<sup>4</sup> Therefore it is important you have the necessary supplies to take care of your family while you wait for help. The following is a list of items that you should prepare in advance of an emergency and be able to access quickly:

- Water, one gallon per person per day for at least 3 days.<sup>5</sup>
- Food, at least a 3-5 day supply of non-perishable items.<sup>6</sup>
- Battery-powered radio.<sup>7</sup>
- Flashlights.<sup>8</sup>
- Manual can opener.<sup>9</sup>
- Extra batteries.<sup>10</sup>
- First aid kit.<sup>11</sup>
- Local maps.<sup>12</sup>
- Whistle to signal for help.<sup>13</sup>
- Moist towelettes, garbage bags, and plastic ties for personal sanitation.<sup>14</sup>
- Sleeping bags or extra blankets.<sup>15</sup>
- Water-purifying supplies.<sup>16</sup>
- Emergency kit for your car with food, flares, booster cables, maps, tools, first aid kit, fire extinguisher, sleeping bags, etc.<sup>17</sup>





### **Plan of the Week (POW):**

Natural disasters can strike at any time and it is important to be prepared. Relief and rescue workers can take hours or day to reach you and therefore it is necessary to have sufficient supplies.<sup>18</sup> Build emergency kits for your home and car that contain water, food, first aid supplies, a battery-powered radio, a whistle, and extra blankets.<sup>19</sup> Take the time to tailor your emergency kit for your family's specific needs and your geographic location.

### **References**

- 1 Federal Emergency Management Agency (FEMA). Hurricanes.  
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<http://www.ready.gov/build-a-kit>. Updated 21 March 2013. Accessed 20 August 2013.
- 5-15 Federal Emergency Management Agency (FEMA). Basic Disaster Supplies Kit.  
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### **NMCPHC Injury Prevention and Violence Free Living Webpage**

<http://www.med.navy.mil/sites/nmcphe/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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